



Disney  
Junior



My name is \_\_\_\_\_

I'm \_\_\_\_\_  
years old.

# So Much You Can Do... To Take Care of YOU!



Wash Your Hands



Brush Your Teeth



Get Rest



Move Your Body



Eat Healthy Foods



Drink Water



Disney  
Junior

**SING ALONG!** Time for your check-up! Time for your check-up!

I'm gonna check your ears • Check your eyes

Find out how much you've grown • Time for your check-up!

I'm gonna listen to your heartbeat • Fix you up ready to go

Time for your check-up! It's okay if you giggle • This will only tickle a little

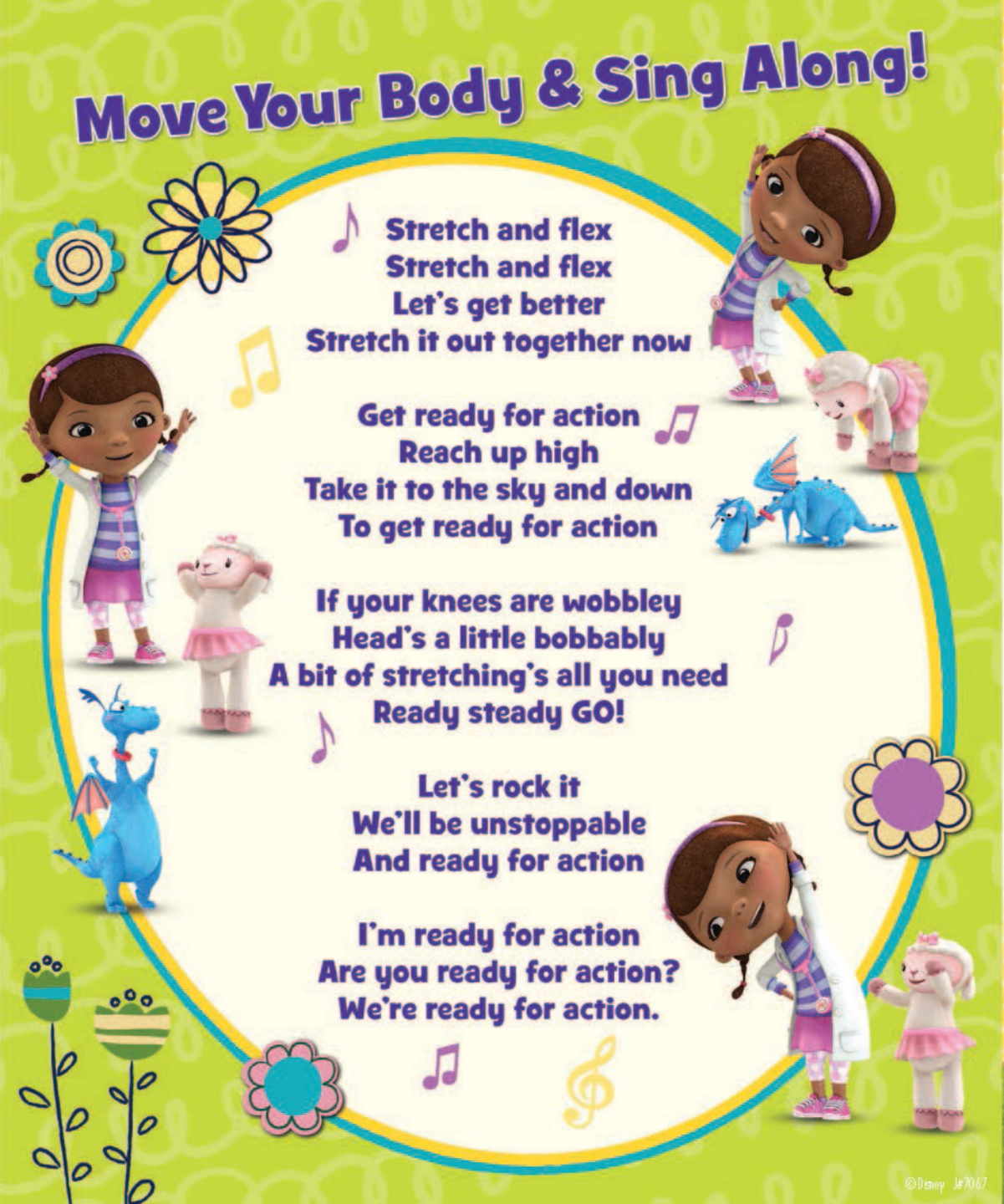
Time for your check-up! Time for your check-up!


**Draw Your Toy**






# Move Your Body & Sing Along!





 **Stretch and flex**  
**Stretch and flex**  
**Let's get better**  
**Stretch it out together now**

**Get ready for action**   
**Reach up high**  
**Take it to the sky and down**  
**To get ready for action**

**If your knees are wobbly**  
**Head's a little bobbably**  
**A bit of stretching's all you need**  
**Ready steady GO!**

**Let's rock it**  
**We'll be unstoppable**  
**And ready for action**

**I'm ready for action**  
**Are you ready for action?**  
**We're ready for action.**



# We Have A Diagnosis!

Today you learned there is so much you can do to take care of you!

Trace the dotted lines to help Doc match each problem with the best way to take care of it!



Dirty Hands



Tired and Cranky



Hot and Thirsty



Hungry



A bowl of fruit



Bed



Soap



A cup of water





# Help Doc Find Her Friends!



**START  
HERE**



**CHILLY**



**THE DOC MOBILE**



# Your Toy's Check-Up Check List

Dr. \_\_\_\_\_

Child's Name

\_\_\_\_\_  
Toy's Name



## MEASURE

Use the **scale** and **growth chart** to measure the toy's height and weight.



## LOOK

Use the **otoscope** to peek into the toy's eyes and ears.



## LISTEN

Use the **stethoscope** to listen to the toy's heartbeat.



## TAP

Use the **reflex hammer** to test the toy's reflexes.



## CHECK

Use the **pressure cuff** to check the toy's pressure.

**Great Job!**







# Certificate of Achievement

## GREAT JOB!

Dr. \_\_\_\_\_

Write Child's Name Here

Doc McStuffins gives her toys check-ups so  
they can stay happy and healthy. Today  
you gave your toy a check-up!



\_\_\_\_\_

Write Toy's Name Here

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